



Northampton Aquatic & Family Center

at JFK Middle School, 100 Bridge Road, Florence, MA 01062

American Red Cross Lifeguarding Classes Summer 2019 Session III



Blended Learning Class with Optional Waterfront Module

Pre-course Requirements:

- ♦ **Must** be 15 years old by the completion of course.
- ♦ Ability to pass swim test (300 yards continuously, demonstrating breath control and rhythmic breathing) using front crawl or breaststroke. Goggles allowed.
- ♦ Tread water for two (2) minutes using only the legs (hands under arms)
- ♦ Complete within 1 minute, 40 seconds: From shallow end of pool, swim 20 yards, surface dive to retrieve a 10-pound object from the deep end of pool, return to starting point holding brick with both hands while keeping face out of water, and exit water without using ladder or steps. Goggles **NOT** allowed. **YOU NEED TO OPEN YOUR EYES UNDERWATER**
- ♦ Copy this link to view pre-course requirements:

<https://www.youtube.com/watch?v=2TMabHMpsB0&t=24s>

Waterfront Pre-course requirements are the same as above with the following additions.

- ♦ If taking waterfront module only, need current lifeguarding certificate.
- ♦ Swim an additional 250 yards (10 lengths) for a total of 550 yards (22 lengths).
- ♦ Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards. Goggles **NOT** allowed.

Red Cross Lifeguarding

This course trains individuals to become a certified Red Cross Lifeguard and how to carry them out in a professional manner. You will also learn how to use surveillance techniques, rescue equipment, and how to manage a suspected spinal injury victim.

Class materials, pocket masks, whistle, and hip pack are included. Participants will be required to download the free participants manual. Participants **MUST** attend all classes and **MUST** successfully pass written and skills test to receive certification.

This is a blended learning class. There is approximately ten hours of online learning for you to do on your own, followed by the in class sessions. Once you complete the pre-course requirements you will be given information for accessing the online sessions.

Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard/CPRO/AED/First Aid certificate which is valid for 2 years.

Red Cross Waterfront Module is designed to train pool lifeguards in working non-surf beaches. You will be trained in using mask & fins, searching shallow & deep water areas, and using a rescue board. Training will occur in both pool and waterfront. Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard Waterfront Training certificate.

ATTENDANCE AT ALL IN CLASS SESSIONS IS MANDATORY

Dates:	Saturday	June 8: 3:30 - 4:30 pm for pre-course requirements swimming test
	Saturday/Sunday	June 15, 22, 23: 11:30 am - 4:30 pm (Lifeguard Classroom & Pool)
	Thursday	June 20: 5:30 pm - 9:30 pm (CPRO)
	Sunday	June 30: 11:30 am - 4:00 pm (Waterfront Only)

Location: Aquatic & Family Center at JFK Middle School, Florence, MA 01062

Fees:	Pre-course Required Swimming Test	\$25 (Non-Refundable)
	Lifeguarding Only	\$265 / \$275 / \$285 (includes all materials)
	Lifeguarding with Waterfront	\$310 / \$325 / \$335 (participant needs to provide mask & fins)
	Waterfront Only	\$60 / \$70 / \$80 (participant needs to provide mask & fins) (need Current Lifeguard Certificate)

Fees listed in the order of AFC Member / Resident / Non-Resident

Completed registrations accepted at the AFC at JFK Middle School 100 Bridge Road, Florence, MA 01062
Mon-Fri 4-8pm, Sat 10am-4pm and Sun 11-4:00pm (587-1046) or
at the Northampton Parks and Recreation Department 100 A Bridge Road, Florence, MA 01062
Mon-Fri 8:30am-4:30pm 587-1040

Need More Information? email jmiller@northamptonma.gov

OVER FOR REGISTRATION FORM

Updated 4/10/19

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

PARTICIPANT'S FULL NAME: _____

Gender _____

Date of Birth _____ School _____

Current Grade _____ (Fall 2018)

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PASS PURCHASE

Pass	Pass Type					Pass Length		Fee
Aquatic Center	Res:	Adult	Family	Senior	Youth	6 Month	12 Month	\$
	Non-Res	Adult	Family	Senior	Youth			

Special Considerations/Comments (Use back if necessary)

Pass Holder's Name(s)	Gender	DOB

Pass/Tag# Issued

**TOTAL
AMOUNT DUE**

\$

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton.

I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Charge my VISA ____ Master Card ____ Discover ____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____ Cash _____ Check # _____ Credit _____ Date _____ RT Date _____ Staff _____